

Polar Bear Indoor 9 v 9 League

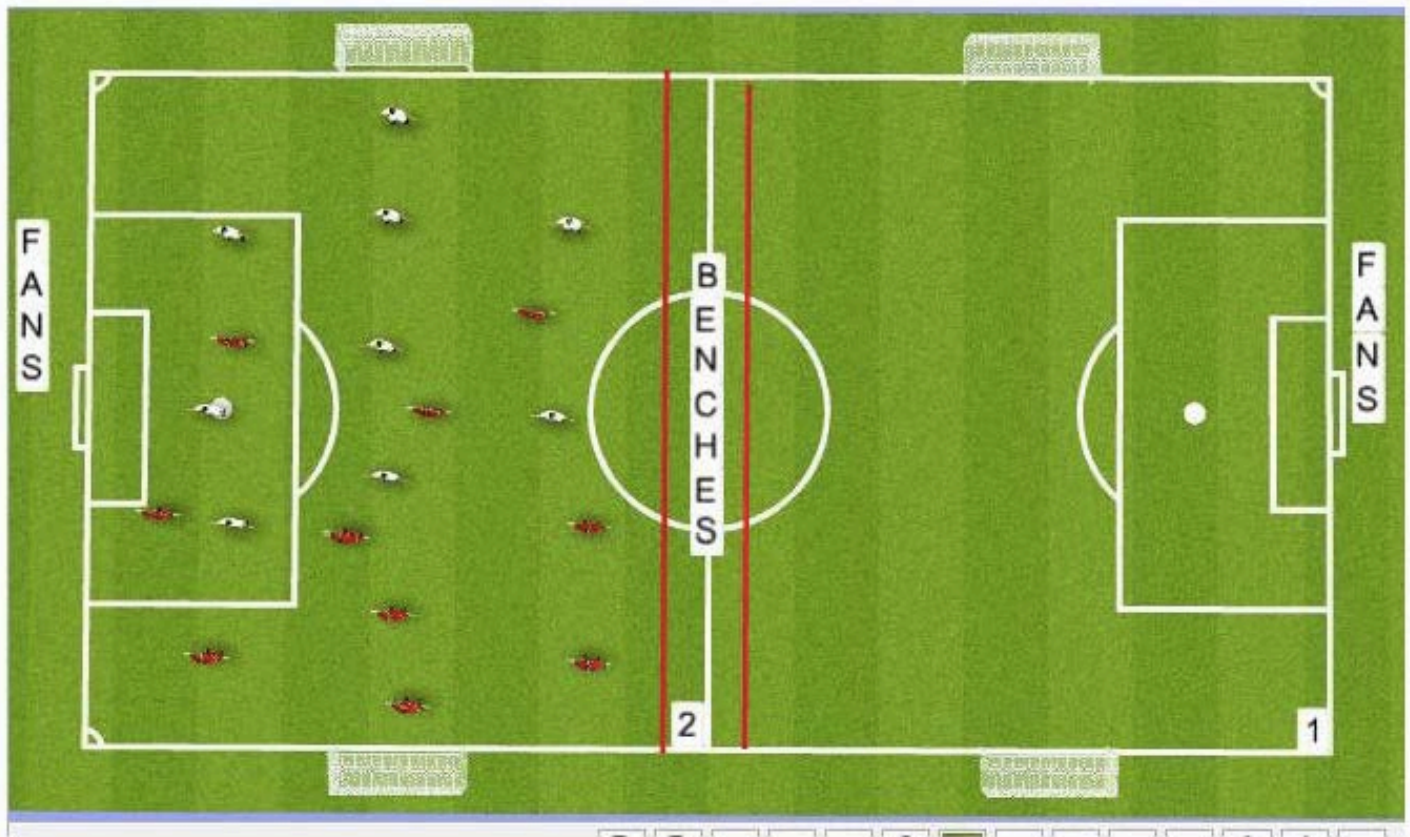
All game rules will follow the FIFA Laws of the Game except where noted below.

Rule 1 – THE FIELD OF PLAY (9v9)

Field Size: Goal-line - Minimum 45m to Maximum 60m; Touch-line - Minimum 45m to Maximum 90m

Team benches: must be on the same side of the field. Spectators are not permitted to be on the same sidelines as the Team bench areas.

Field Setup



Rule 2 – THE BALL

For age groups U11 & U12, the ball shall be Size 4.

Home team is responsible to provide a game ball for each game

Rule 3 – PLAYERS

1) All players must be registered with their club and with Ontario Soccer. Each club must provide us with a team roster with the players name, date of birth and Ontario Soccer number. Document must be signed by the clubs registrar confirming all players participating are properly registered.

2) Teams will play with 9 players and not less than 7 players on the field.(6 field players and 1 goalkeeper). If a team fails to have 7 players at the scheduled kickoff time,

3) Teams may Call-Up from a lower Division or Call-Across within their Division in order to have field enough players to participate in a game. All call ups must be properly registered as per rule 3-1 above.

4) Unlimited on-the-fly substitutions shall be allowed. When any player other than the goalkeeper is to be replaced, the substitute shall not enter the field of play until the player being replaced is within 4 meters of the incoming player at the team bench. Neither the player entering or the player leaving may interfere with the play while both are on the field. The substitution is completed when the substitute enters the field of play, from which moment the substitute becomes a player and the player being substituted ceases to be a player.

Rule 4 – THE PLAYERS' EQUIPMENT

Footwear shall be appropriate to the indoor game and the playing surface. No metal cleats are allowed.

Shin-guards are mandatory for all players, which must be covered entirely by the stockings, and shall be made of a suitable material (rubber, plastic, polyurethane or similar substance) and shall afford a reasonable degree of protection.

Players shall not wear anything which is dangerous to themselves or another player.

Team colours shall not conflict with each other or with the referee. Goalkeepers shall wear colours which distinguish them from the players and from the referee.

Rule 5 – THE DURATION OF THE GAME

The duration of the game shall be two equal periods of 25 minutes. **Injury time will not be added.** The half-time interval shall not exceed 3 minutes except by consent of the referee. Time may be shortened in order to conclude the game within its allotted field time. All games must be finished on time in order to allow for the next game to start on time.

Rule 6 – THE START AND RESTART OF PLAY

1) Kick-Off: The home team will Kick-Off the ball for the first half. The ball may be kicked in any direction (i.e., forwards, sideways, or backwards) on the field of play. A goal may not be scored directly from a Kick-Off.

2) Drop ball: The referee shall drop the ball at the place where it was when play was suspended, unless it was within the penalty area at that time. In this case, it shall be dropped on the penalty area line, at least 1 meter from the goal line, nearest to where the ball was when play was stopped.

Rule 7 – THE BALL IN AND OUT OF PLAY

1) The ball is out of play when it hits the ceiling above the playing area and shall be re-started with an indirect free kick. **Exception:** If the ball hits the ceiling above the penalty area having last been touched by a defender, the game will be re-started with a corner kick.

2) **Throw-in:** When the whole of the ball crosses over the touchline, either on the ground or in the air, or touches the Dome above the touchline, a Throw-in shall be awarded to the opposing team. The Player taking the Throw-in, must be facing the field of play, both feet firmly on the ground, and the ball released above their head. A Throw-in that is taken and does not enter the field of play, is re-taken. All opposing players shall be at least 5 meters from the ball until it is in play. A goal may not be scored directly from a Throw-in.

3) **Goal Kick:** The ball shall be kicked from any point within the penalty area. Players from the opposing team shall be at least 5 meters from the ball until it is in play.

4) **Corner Kick:** The ball shall be placed at the corner of the field. Players from the opposing team shall be at least 5 meters from the ball until it is in play.

Rule 8 – OFFSIDE

There shall be no offside offence in indoor soccer.

Rule 9 – Retreat Line / Throw Ins

- ❖ There is a retreat line in indoor soccer
- ❖ Throw ins are allowed

Rule 10 – FOULS AND MISCONDUCT

Spitting will not be tolerated. Anyone caught spitting on the turf fields will be immediately ejected from the game, and the premises.

Slide tackling is **not allowed** and shall be punished by a direct free kick. Sliding to score a goal or to save the ball from going out of play is allowed when, in the opinion of the referee, there are no opposing players nearby.

Time Penalties:

- 1) A player who is cautioned shall serve a 2 minute time penalty.
- 2) A player who is dismissed by a red card offence, shall leave the field of play and team bench area. The dismissed player's team shall play with one less player for 5 minutes. Once the 5 minute penalty has been served, the penalized team may add a player onto the field of play.

Administration of time penalties:

- 1) Time penalties shall commence when the game is restarted.
- 2) Time penalties to goalkeepers may be served by another player who was on the field at the time of the offence.
- 3) All time penalties are served until the Referee advises the penalised team, the time penalty has been completed.
- 4) If a team has two players serving time penalties and another player on the same team receives a time penalty, that player must also sit out from the game. The time penalty of the third player shall not commence until the penalty of the first player has expired. The team must substitute players not serving time penalties to maintain the minimum number of players on the field.

Rule 11 – FREE KICKS

All opposing players shall be at least 5 meters from the ball for all free kicks.

Notwithstanding any other reference in these playing rules to the point from which a free kick is to be taken:

- 1) Any free kick awarded to the defending team, within its own penalty area, may be taken from any point within the penalty area and must exit the penalty area before it can be touched by any player.
- 2) Any indirect free kick awarded to the attacking team within its opponent's penalty area shall be taken from the penalty area line parallel to the goal line at the point nearest to where the offence was committed.

Rule 12 – THE PENALTY KICK

The penalty kick shall be taken from the penalty area line parallel to the goal line at the centre of the goal.

When the penalty kick is being taken, all players shall be at least 5 meters from the ball and must stand 1 meter behind the ball, except for the player taking the penalty kick.

Rule 13 – STANDINGS

As per Ontario Soccer LTPD Developmental Metrix there will be no scoring or standings kept.

Rule 14 – DISCIPLINE

The Polar Bear League follows the Ontario Soccer (OS) Discipline by Review (DBR) System.

Verbal or physical assault against a Referee, Team official and/or Player will result in the immediate ejection from the premises.

Infractions against Referees will translate to immediate suspension from the league and will be dealt with in accordance with the OS Discipline Policies and Procedures. All incidents will be reported to the Eastern Ontario District Soccer Association (EODSA) or to the participant's District Association.